

**HELP IN CARING FOR YOU OR YOUR FAMILY****Interior Community Services** 250-554-3134\*Families First (intake before 6mo) \*PAID \*Early Years Family Navigation  
\*Early Connections \*Mount Paul Community Food Centre**YMCA Early Years Centre/Childcare Resource & Referral**

\*Post Partum Connections Support Group 250-376-4771

**Kamloops Aboriginal Friendship Society** 250-376-1296

\*Under the Eagles Wing \*Moms Pops &amp; Tots

**Lii Michif Otipemisiwak Family & Community Services** 250-554-9486

\*Drop-In (R) \* BiiBii Time (R)

**Secwepemc Child & Family Services** 250-314-9669\*Early Years Intervention Specialist \*Aboriginal Infant Development  
\*Aboriginal Supported Child Development \*Early Years Enrichment**Kamloops Family Resource Society ("The Tree")** 250-377-6890

\*FoodShare \*Drop-In \*Counseling

**Kamloops Mental Health** 250-851-7450

\*Perinatal Counselling Program (0-12 months postpartum)

**Public Health** 250-851-7300\*Breastfeeding Clinic \*Child Care Licensing  
\*Immunization \*Lift the Lip (Dental clinic) \*Maternity Care**Kamloops Food Bank** 250-376-2252**La Leche League** <https://www.lllc.ca>**SPECIALIZED INFORMATION AND SUPPORT****Public Health** 250-851-7300

\*Speech \*Audiology \*Nutrition \*Dental \*Nursing

**Children's Therapy and Family Resource Centre** 250-371-4100

\*Occupational Therapy \*Physiotherapy \*Speech &amp; Language

**Kamloops Infant Development Society** 250-371-4140**Kamloops Immigrant Services** 778-470-6101

\*Programs for Newcomers and Immigrants

**Kamloops Family Resource Society ("The Tree")** 250-377-6890

\*Mothers for Recovery

**Child and Youth Mental Health** 250-371-3648

North Shore 250-554-5800

South Shore 250-371-3648

**Child and Youth Support Needs (CYSN)** 250-371-3684**Insight Support Services** 250-554-0085

\*Autism Supports \*Behaviour Consultation \*FASD Key Worker

\*Family Support Services

**Kamloops Family Justice Centre** 250-828-4688**Parents Legal Centre** 250-434-0063**ASK Wellness** 250-376-7558**Hopewell** 250-376-4646**Elizabeth Fry Society** 250-374-2119**FAMILY ACTIVITIES AND SUPPORT****Kamloops Family Resource Society ("The Tree")****Interior Community Services** 250-377-6890  
250-320-2937\*Healthy Beginnings Playgroup \*Baby Steps Playgroup  
\*Infant Massage**John Tod YMCA Early Years Centre**\*Early Learning Centre \*Nobody's Perfect Parenting Program  
Parent-Child Mother Goose (various times and locations)**YMCA Swimming Lessons (C)****BGC – Family Development Programs****Kamloops Aboriginal Friendship Society****Lii Michif Otipemisiwak Family & Community Services****Secwepemc Child & Family Services****INFORMATION ABOUT HEALTH OR SAFETY****Public Health** (general questions and support) 250-851-7300**Health Link BC** 811

\*Registered Nurse \*Pharmacist \*Dietician \*Register for healthcare waitlist

**Ministry of Children and Family Development** 800-663-9122**Secwepemc Child & Family Services** 250-314-9669**RCMP Victim's Information Line** 800-563-0808BC 211 [www.bc211.ca](http://www.bc211.ca) 211**BC Kids Helpline** 250-310-1234**YMCA Women's Emergency Shelter** 250-374-6162**YMCA Stopping the Violence Outreach Services** 250-320-3110**Poison Control** 800-567-8911**Qwemtsin Health Society** 250-314-6732**BCAA Car Seat Information** 877-247-5551

Free Car Seat Safety Checks at John Tod YMCA 250-376-4771

**PLAY AND EARLY LITERACY****John Tod YMCA Early Learning Centre** 250-376-4771

\*Toy and Resource Lending Library \*Interactive Early Learning

\*Drop-in Centre \*Baby Locomotion \*Baby Time

**Thompson-Nicola Regional Libraries**

\*Kamloops Library 250-372-5145 \*North Kamloops Library 250-554-1124

**BGC** 778-220-7346

\*Bright Red Book Bus (July &amp; August) \*Cozy Cubs

**Kamloops Early Language and Literacy Initiative (KELLI)** 250-376-4771**City of Kamloops Parks, Recreation & Culture Services** 250-828-3500**StrongStart Programs**

\*AE Perry Elementary 250-376-6224

\*Arthur Hatton Elementary 250-376-7217

\*Beattie Elementary 250-374-0608

\*Marion Schilling Elementary 250-372-2027

**CITY OF KAMLOOPS PROGRAMS (C)(R)** 250-828-3500[www.kamloops.ca/recreation-culture/register-program/activity-guide](http://www.kamloops.ca/recreation-culture/register-program/activity-guide)

**FREE AND LOW-COST GUIDE FOR EARLY YEARS 0 TO 3 YEARS (C=COST, R=REGISTRATION, D=DROP IN)**

Weekdays	AE Perry StrongStart (F/R/D) Arthur Hatton StrongStart (F/R/D) Beattie StrongStart (F/R/D) Marion Schilling StrongStart (F/R/D) BGC - Bright Red Book Bus (F/D) Kamloops Museum and Archives (C-by donation) YMCA BC Play care (C/D) (membership required)	8:30 am -11:00 am 8:30 am -11:30 am 8:30 am -11:30 am 8:30 am -11:30 am July & August Tuesday – Friday 9:30 am - 4:30 pm M-F 8:50am – 1:00pm M&W 5:00 pm-7:00pm	AE Perry Elementary – 1380 Sherbrooke Avenue Arthur Hatton Elementary - 315 Chestnut Avenue Beattie Elementary – 492 McGill Road Marion Schilling Elementary – 2200 Park Drive Various times and Locations. Call for schedule 207 Seymour Street Downtown Kamloops YMCA – 400 Battle Street	250-376-6224 250-376-7217 250-374-0608 250-372-2027 250-554-5437 250-828-3576 250-372-7725
	YMCA BC / Kamloops Interactive Early Learning Centre (F/D)	9:30 am -11:30 am (M, T, W, F)	John Tod Centre – 150 Wood Street	250-376-4771
	YMCA BC / John Tod Lending Library	8:00 – 4:00pm (M, T, W, F) 8-6 (Th) 8-12 (Sat) (phone front desk when outside)	John Tod Centre – 150 Wood Street	250-376-4771
	KRFS ("The Tree") Drop-In Centre (F/D) KAFS Under the Eagles Wing (F/D)	10:00 am – 1:00 pm 10:00 am – 12:00 pm	657 Seymour Street Kamloops Aboriginal Friendship Society – 125 Palm Street	250-377-6890 250-376-1296
	BIG Little Science Centre (C/D) KRFS ("The Tree") Drop-In Centre (F/D) TNRL Tiny Tunes (F/D) Baby Locomotion – YMCA BC / Kamloops (F) (pre-crawlers to new walkers) BGC Cozy Cubs (R)	9:30 am-5:00 pm 9:00 am – 1:00 pm 10:30 am – 11:00 am 11:45 am - 12:30 pm  10:00 am – 11:30 am	458 Seymour Street (Call for summer hours) <a href="http://www.blscs.org">www.blscs.org</a> 657 Seymour Street North Kamloops Library – 693 Tranquille Road John Tod Centre – 150 Wood Street  John Tod Centre – 150 Wood Street	250-554-2572 250-377-6890 250-554-1124 250-376-4771  250-554-5437
	BIG Little Science Centre (C/D) SCFS Drop in Playgroup (F/D) KRFS ("The Tree") Drop-In Centre (F/D) Baby Time – YMCA BC/Kamloops (F) (newborns to pre-crawlers) TNRL Teeny Tiny Storytime (F)	9:30 am – 5:00pm 10:00 am – 12:00pm 9:00 am – 1:00 pm 11:45 am - 12:30 pm  10:40 am – 11:00 am	458 Seymour Street (Call for summer hours) <a href="http://www.blscs.org">www.blscs.org</a> Secwepemc Child & Family Services – 300 Chilcotin Road 657 Seymour Street Jon Todd Centre 150 Wood Street Aberdeen Mall Tiny Library	250-554-2572 250-314-9669 250-377-6890 250-376-4771  250-554-5437
	BIG Little Science Centre (C/D) Kamloops Art Gallery (F) KRFS ("The Tree") Drop-In Centre (F/D) KAFS Moms, Pops and Tots (F/D)	9:30 am – 5:00 pm 10:00 am – 8:00 pm 9:00 am – 1:00 pm 10:00 am – 12:00 pm	458 Seymour Street (Call for summer hours) <a href="http://www.blscs.org">www.blscs.org</a> 101-465 Victoria Street <a href="http://www.kag.bc.ca">www.kag.bc.ca</a> 657 Seymour Street Kamloops Aboriginal Friendship Society- 125 Palm Street	250-554-2572 250-377-2405 250-377-6890 250-376-1296
Fri	BIG Little Science Centre (C/D) Kamloops Museum and Archives (C-by donation) TNRL Storytime and Craft (ages 3-5) F/D) Family Resource Society Mothers for Recovery (F/R)	9:30 am – 5:00 pm 10:30 am - 11:30 am 9:30 am - 11:30 am 9:30 am - 11:00 am	458 Seymour Street (Call for summer hours) <a href="http://www.blscs.org">www.blscs.org</a> 207 Seymour Street North Kamloops Library – 693 Tranquille Road 657 Seymour Street	250-554-2572 250-828-3576 250-554-1124 250-377-6890
	BIG Little Science Centre (C/D) Chapters Storytime (F) TNRL Family Fun Zone (F) Kamloops Museum and Archives (C-by donation) YMCA BC Play care (C/D)	9:30 am – 5:00 pm 1:00 pm – 3:00 pm 10:00 am – 12:00 pm 9:30 am - 4:30 pm 9:00 am -11:00 am	458 Seymour Street (Call for summer hours) <a href="http://www.blscs.org">www.blscs.org</a> 4-1395 Hillside Drive Downtown Kamloops Library 207 Seymour Street Downtown Kamloops YMCA – 400 Battle Street	250-554-2572 250-377-8468 250-372-5145 250-828-3576 250-372-7725

**For more information or help registering, contact the Interior Community Services Family Navigator 250-320-2937 January 2026**